

Mouth care for your baby

Clean your baby's mouth daily.

- Once teeth appear, use a soft baby toothbrush with a grain of rice-sized amount of fluoride toothpaste.
- Brush twice a day, after breakfast and before bedtime making it part of your daily routine.
- Position your baby so the head is stable and you can see into their mouth.
- Make tooth brushing enjoyable by singing or listening to a song.
- Flossing can be introduced, especially if teeth are touching.
- For more information see *Baby's Best Chance*.



Contact your Allied Health Dental staff

| | | |
|---------------|-----|----------------|
| Cranbrook | Tel | (250) 420-2200 |
| | T/F | 1-888-426-7566 |
| Kamloops | Tel | (250) 851-7300 |
| | T/F | 1-866-847-4372 |
| Kelowna | Tel | (250) 469-7070 |
| | Tel | (250) 505-7200 |
| Nelson | Tel | (250) 505-7200 |
| | T/F | 1-877-221-3388 |
| Penticton | Tel | (250) 770-3434 |
| | Tel | (250) 833-4100 |
| Salmon Arm | Tel | (250) 833-4100 |
| | Tel | (250) 364-6219 |
| Trail | Tel | (250) 364-6219 |
| | T/F | 1-888-364-0517 |
| Vernon | Tel | (250) 549-5700 |
| | T/F | 1-888-824-3393 |
| West Kelowna | Tel | (250) 980-5150 |
| | Tel | (250) 302-5000 |
| Williams Lake | Tel | (250) 302-5000 |
| | T/F | 1-888-702-7771 |



Interior Health

Brush Up on Baby's Teeth

12 Month Visit



Cavities in baby teeth can be prevented

- Lift your baby's lip when brushing. Check for white or brown spots along the gum-line (the first signs of decay).
- Do not share a toothbrush or eating utensils. Do not clean a soother in your mouth. Decay-causing bacteria can be passed onto your baby.
- Poor oral health can lead to poor overall health with lifelong consequences.
- Seek dental advice early, by age 1.



- Never let baby sleep with a bottle containing anything but plain water. Diluted milk, juice or formula can still cause tooth decay.
- Limit milk, milk alternatives, juice or sugared drinks to meals and scheduled snacks. Only offer plain water for between meal thirst.
- Constant sipping from any container with liquids other than plain water can cause tooth decay.

Baby teeth are important for

- Jaw development – chewing helps the jaw grow.
- Nutrition – chewing solid food making it easier to swallow and digest.
- Speech – teeth help form sounds for speaking.
- Spacing – baby teeth hold the space and guide adult teeth into proper position.

